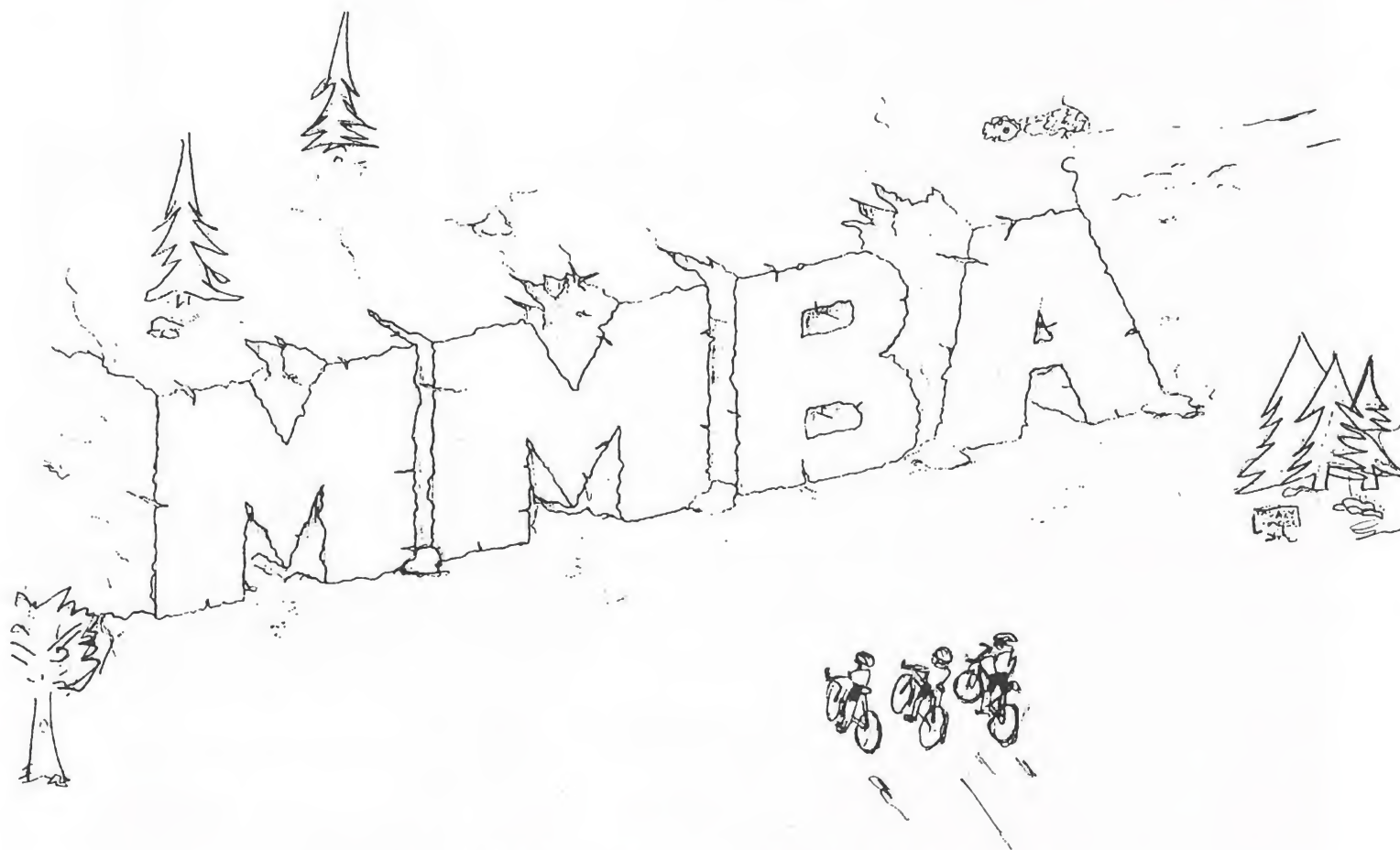


# BENT RIM BUGLE

Vol. 8 No. 3 - 1994

A Publication of the Michigan Mountain Biking Association



## MMBA MISSION STATEMENT

To promote responsible mountain biking and to work toward the goals of common land access and natural resource protection through interaction with policy makers, the cycling industry, race promoters, mountain bikers and other trail users.



# M-DNR Trails Update ...

Info and Perspectives from the M-DNR and others\*

## Forest Recreation 2000

What is fifteen times larger than the State Parks System in Michigan? Michigan's State Forests and the Forest Recreation program and they need your time and attention.

With over 3.9 million acres of forest land, creeks, streams, rivers, lakes, and more Great Lakes shoreline than any other public recreation provider, the opportunity for outdoor recreation would appear nearly limitless. **The reality is that recreation opportunity and management on state forest land is vulnerable and limited. The Forest Recreation program is at a turning point..." improve program services and facilities or continue to sink into crisis," say the members of the Forest Recreation Advisory Committee (FRAC) in its plan of the state forest's future, Forest Recreation - 2000.**

As the largest public land manager in the state of Michigan, the Department of Natural Resources, Forest Management Division is responsible for these basic program areas: timber (wildlife and forestland) management; forest (fire, insect and disease) protection; and recreation (rustic recreation) opportunities. "The State Forest Recreation Advisory Committee was established to provide a means for public involvement in the improvement of the forest recreation program. FRAC is to prepare a plan for the forest recreation future, involve the public in the development of recommendations to present to the Natural Resources Commission and the director of the department for approval and action," expresses DNR Director, Rolland Harmes.

The Forest Recreation Advisory Committee is made up of forest recreationists and forest product users. The committee is made up of citizens, who are cross-country skiers, hikers, anglers, hunters, horseback riders, bicyclists, snowmobilers, motorcyclists, as well as representatives from preservation and conservation interests.

The program seems to have turned the corner. FRAC has set up a schedule of public meetings designed to seek out additional information and positive suggestions that will strengthen the Forest Recreation - 2000 plan. The public is invited to participate in up-coming meetings and add their positive influence to this benchmark program improvement process. The Forest Recreation - 2000 plan is viewed as a blue print for future program improvements that include: improving campground security; system-wide site renovation; funding improvements and more, for a total of 17 action items. FRAC encourages your participation in these meetings to increase the depth of understanding about the need for the improvement of the State's forest recreation assets. Meetings will be held in the Upper Peninsula, Northern lower Michigan and across the Southern half of Michigan. For a copy of the FRAC report, Forest Recreation - 2000 call (517)373-1275 or send your request for a copy to: Forest Recreation - 2000, Forest Management Division, P.O. Box 30028, Lansing MI 48909.



"The committee is made up of citizens, who are cross country skiers, hikers, anglers, hunters, horseback riders, bicyclists, snowmobilers, motorcyclists, as well as representation from preservation and conservation interests."

### MMBA Responsibility Code

1. Always yield the right of way to other trail users.
2. Slow down and pass with care (or stop).
3. Control your speed at all times.
4. Stay on designated trails
5. Don't disturb wildlife or livestock.
6. Pack out litter.
7. Respect public and private property.
8. Know local rules.
9. Plan ahead.
10. Avoid riding in large groups.
11. Minimize impact.
12. Report incidents of trail impasse to local park authorities.



# Rolling In The Dirt

By Jay Jones -  
Pontiac Lake Chapter



## The Big "R"

As we grow older that "R" word seems more and more prevalent in our daily lives. Our responsibilities grow bigger and it takes up more of our time and thought. If you stop and think about it your are acting responsibly in just about everything you do, you just don't realize it for some reason or another.

As mountain bikers that "R" word carries a lot of weight. Every time we mount our trusty steed and go for a spin we have to consider ourselves, others and the environment. Under these three categories falls a boatload of other considerations that we should be aware of - so each time you ride your bike you have some sort of impact on something or someone.

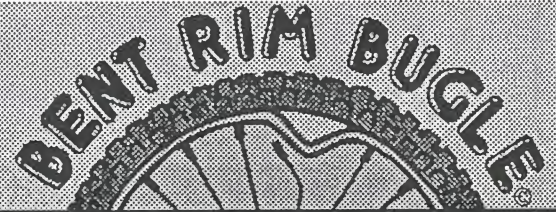
With all these things in mind let's switch our venue to the trail-head at Pontiac Lake Recreation Area. Travel with me to the a recent scene...

*Our monthly meeting has just adjourned and everything was getting hard to see except the red flashing lights approaching us at a fairly high rate of speed. The flashing lights belonged to a volunteer fireman who arrived and then started asking questions of some bystanders. After a few answers were given, he made his way to the trail-head.*

*As we focused our attention on the first fireman we heard sirens off in the distance and began to wonder if they were heading our way, too. While we were trying to find out why they were coming to Pontiac Lakes Recreation Area, approximately six volunteer fireman (in separate vehicles), one fire emergency vehicle with two people, one ambulance with two people and at least two police officers in two different vehicles arrived at the scene. As not to get in the way, we were standing too far away to hear the questions being asked of riders coming off the trail. Being part of the MMBA and feeling some responsibility for what was going on at the trail-head, I approached one of the volunteer firemen and asked if there was anything our organization could do to help. As we started our (very short) conversation, a female rider (with no helmet) emerged from the now near darkness clutching her right shoulder. In between the "valley girl" talk she said, "Thanks for coming out here, but I feel better now..." The volunteer fireman turned in disgust and headed back to the vehicles.*

*After the remaining volunteer fireman, emergency medics and police officers figured out this is why they were there, the helmetless girl blurts out another "valley girl" induced statement, "Like while you're here can you like look at my shoulder anyways?"*

*It didn't take a rocket scientist to figure out that the emergency personnel*



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Class) Ouverly

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Use them wisely and recycle.

This magazine is printed on recycled paper.

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*Is your favorite shop a  
MMBA Shop ?*

### NEXT BRB DEADLINE

All Tuesdays of the Previous Month -  
1 A.M. Sharp



were somewhat upset. And judging from the looks on the mountain bikers' faces, they weren't pleased either.

*But who could blame us?*

Was this person acting responsibly? Was this person riding responsibly? Did this person project a responsible nature? No, no and no.

After all, in this recreation you are literally taking your life into your hands, so lets deal with some facts (or at least the facts surrounding this incident):

1. She wasn't wearing a helmet (a definite Bozo no-no).
2. She appeared to be a beginner level rider. (Pontiac Lake is not a beginners area!)
3. She was riding at dusk without any means of lighting.
4. She acted as if she was unfamiliar with the trail.

Being a beginner level rider on the Pontiac Lake Trail would prove difficult for her or any other beginner. Being a beginner at Pontiac Lake without a helmet borders on stupidity. Now throw in the fact that she acted unfamiliar with the trail and it was getting darker by the minute and it becomes downright dangerous. So why would someone subject themselves and

others to this? Why would someone call "911" for a non-life threatening injury? Why would some one make all those volunteer firemen, emergency medics and police officers come to their aid when they aren't really needed? Why was she without a helmet? Why was she riding after dusk? Why wasn't she thinking of her actions before her ride? Why wasn't she thinking about the mental picture the emergency personnel now have of mountain bikers?

And the final question and the only one we have an answer for is, did she promote mountain biking in a positive, responsible manner? NO!

And that my friends is what this is all about. You don't have a choice in the matter, you have to ride responsibly, your have to act responsibly - if not - for our sakes, for your own.

**"In dwelling, live close to the ground. In thinking, keep to the simple. In conflict, be fair and generous. In governing, don't try to control. In work, do what you enjoy. In family life, be completely present." Tao Te Ching**

## BENT RIM BUGLE PUBLISHING INFO

The Bent Rim Bugle (BRB) is published 4 times a year (quarterly) Spring, Summer, Fall and Winter. The BRB is the source for news and information for the Michigan Mountain Biking Association (MMBA). Articles come from MMBA members, MMBA Chapter Presidents, the Michigan Department of Natural Resources and other sources. The focus of the BRB is on what is of interest to MMBA members as well as environmental issues, land access, mountain biking events, rides, competition and other activities and information related to the mountain biking.

Editorial contributions and photos are welcomed, but cannot be returned unless accompanied by proper postage. Send contributions to: MMBA/BRB P.O. Box 29, Belmont MI 49306. The BRB also can provide classified ads to MMBA members for free and advertising space to shops and manufactures. For deadlines and rates contact the address above or call, (616) 784-9327.

Opinions expressed are not necessarily those of the MMBA, Publisher, and/or MMBA members, Dealers, or Sponsors. In other words, lighten-up it's mountain biking not world hunger... Copyright, Nov. 1994, all rights reserved..blah, blah...

# Michigan's Most Endangered Trail

## North Country Trail How to Ride It --- And Keep It Open

By: Doug Nelson (MMBA Member)  
and Northern Chapter President,  
contributing Editor *Great Lakes Skier  
Magazine*

Mountain Bikers, like skiers, climbers, and other assorted participants in sports that challenge gravity and one's own courage, are prone to be more than a little rebellious. The mountains are the authority and we're constantly questioning who is in charge. After three or four rides on the rolling fast terrain of our local single-track, the DNR's Cadillac Pathway, I find myself yearning for a ride--a test, really--on the precipitous

off-camber steepes of my favorite sections of the North Country Trail. Time for a little rebellion against the humdrum, for a shot of humility, for a chance to see how I'm doing, as a mountain biker and as a person.

I live close to the NCT, in Cadillac, and I've managed to ride it at least once a week since May. I'm very familiar with all the sections from Udell north to Beers Road near Marilla (25 miles total). My wife, Donna, and I often do a hike/bike combo; She'll hike from Coates into the hills for five miles or so and back. Who says that trail can't be "multiple-use?"

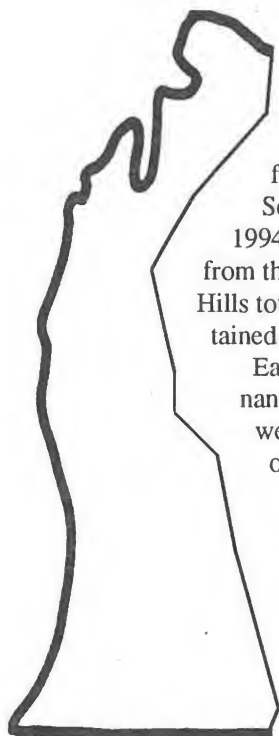
Needless to say, I've got a love affair going with the North Country Trail, and I've become more than a little jealous of all the sniping and outright attempts to spoil my fun. The North Country Trail Association and the National Park Service (which oversees the entire length of the NCT) are out to put an end to what I hope will be a lifelong relationship. But the rebel in me, spawned by a lifetime of listening to Bob Dylan, reading Thoreau, and spending many days in the wilderness, simply won't allow that to happen. Like the Michigan Mountain Biking Association, I am in this for the long haul.

As a frequent rider of the NCT, a member of the MMBA (Northern Chapter), and an unabashed environmentalist, I'd like to offer some clues as to how to ride the North Country Trail--

(Endangered cont. next page)



# North Country Trail Volunteers



October 19, 1994  
Manistee Ranger District/North Country Trail  
Dear Ranger,

I am writing to commend your efforts and thank you for taking such good care of the North Country National Scenic Trail. On the morning of Saturday, October 15, 1994, five friends and myself biked the Manistee segment from the Hodenphyl Dam at Marilla trail-head to the Udell Hills totalling 36 miles of well-marked and remarkably maintained trail.

Each of us are active volunteers downstate in the maintenance and repair of the mountain bike trails we frequent and were very appreciative of the North Country Trails' outstanding condition.

We applaud your efforts and would like to help preserve the condition of the trail for other bikers such as ourselves. Would you please contact me at the above address and advise on how we could become involved in the "Adopt a Trail" program?

Sincerely,  
Brian J. Schulz  
West Bloomfield

From: \*Congress of the United States  
House of Representatives  
Washington DC, 20515-2202

Dear Mr. Nelson\*\*:

Thank you for your letter regarding the North Country Trail (NCT). I hope my findings are of use to you and your Michigan Mountain Biking Association.

I contacted Bill Menke with the National Park Service (NPS) who is in charge of the NCT and asked him about the NPS views on trail closure to mountain bikers. I was informed that the NCT is patterned after the Appalachian Trail in that it traditionally exists for hikers. However, each piece of the NCT is operated by local caretakers such as the Manistee National Forest. All the land is privately owned by various associations who hold the final say in whether a trail gets closed. As I'm sure you are aware, most of the individual owners, like the North Country Trail Association, believe mountain bikes, "aren't appropriate on single tracks."

I am told that despite your willingness to volunteer your help for trail preservation on maintenance days, "the trails weren't made for the type of wear and tear that tires put on them, and the NPS wishes to uphold the wishes of the traditional users, hikers."

**I applaud your attempts to work with the various associations which own pieces of the NCT. I believe a settlement could be reached, and peaceful coexistence among hikers and bikers is a valued goal for all to achieve. I have relayed your message to the NPS as well as the Manistee National Forest and encouraged them to work with you on this issue.**

Thank you once again for your letter. Good luck in your endeavor.

Pete Hoekstra  
Member of Congress

(Endangered cont.)

RESPONSIBLY, enthusiastically and hopefully, forever. Quite frankly, I was surprised that Bike Magazine in its September/October issue didn't include the NCT in Michigan as one of its "10 best endangered trails." I can't imagine 25 better miles of single-track in the Midwest than the four sections north of Udell in the Manistee National Forest. They are indeed endangered, but if we develop a collective ethic and join forces, we will keep it open. Read on for some ideas as to how to ride the NCT.

**1. DON'T RIDE THE NCT IN LARGE GROUPS.** It's a trail frequented by hikers and backpackers, too, and quite frankly they deserve their space on the trail. Dwain Abramowski of the MMBA has a great philosophy: **MOUNTAIN BIKING IS A COMMUNAL ACTIVITY, NOT A SOCIAL ACTIVITY.**

**2. STOP FOR HIKERS WHEN AT ALL POSSIBLE** and always give a friendly, clear warning well in advance when you approach from behind. Pass the time of day with the hikers and let them see that we enjoy the outdoor experience as much as they do.

**3. GIVE THE BEERS ROAD TO COATES HIGHWAY A WELL DESERVED REST!** It's the most susceptible to erosion and gets the most use. If you must ride this section (and I can understand that), consider riding it from Coates Highway five miles and back out another five. That would save the Eddington Creek area (a very sandy stretch) from overuse.

**4. WANT A REAL TREAT?** Ride the Udell Hills stretch. It's a great ride, with lots of tight trees, rolling hills and superb vista toward Manistee. If ridden out to the paved road and back, you've got 11.6 mile of cruising on hard-packed single-track. Very little use. A well-kept secret. M-55 west of Cadillac five miles past Wellston to Forest Road 5207. Go down the road one-half mile to trail marker. Ride it!

**5. DO A TRAIL MAINTENANCE DAY ON THE NCT.** On May 7, 1994 an enthusiastic band of 23 MMBA members and two USFS employees spent an afternoon on the Beers road to

(Endangered cont. 11)

\*You can also write Congress at this address. \*\*MMBA Northern Chapter President



## International Dirt - IMBA Info

The Clarkman goes International:

Michigan's own Dan Clark a.k.a.: Clarkman-artist and graphic designer extraordinaire, recently got one of his illustrations (that was used on the cover of a recent *Bent Rim Bugle*) in an *IMBA Trail News*.

The fall issue of the International Mountain Biking Association gave credit to the illustration to the *Bent Rim Bugle*, but really it was all Clarkman. Clarkman has produced several covers for the *Bent Rim Bugle*, also T-shirts, logos and has done art work for many clients including the Michigan based company and MMBA member Nuke Proof. Next thing you know he'll be on the cover of *Dirt Rag* or *Mountain Biking*. If anyone sees Clarkman makes sure his helmet still fits...



### IMBA MEMBERSHIP APPLICATION

A non-profit, volunteer group. IMBA's goal is to keep public lands open for recreational enjoyment of responsible mountain bicyclists. We publish *IMBA Trail News* as a means of keeping members informed of current issues and events. Donations above \$9 are tax deductible.

#### ANNUAL MEMBERSHIP PRICES:

- ☐ Basic Membership ..... \$15
- ☐ Member of Affiliated Club ..... 12
- ☐ Supporting Donation ..... 25
- ☐ Clubs ..... 30
- ☐ Dealers ..... 60 or 150 or 1000
- ☐ Manufacturers ..... 100 or 300 or 1000
- ☐ additional donation for IMBA's programs

Canada/Mexico add \$5 for mailing. Outside North America add \$10 for mailing.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_

Make payment to IMBA; mail to PO Box 412043, Los Angeles, CA 90041.

## Humus from - \*RIDE Inc.

The BRB provides information from IMBA (national) and RIDE INC. (regional/Wisconsin/Illinois) so that we here in Michigan can get a feel for how we are doing in comparison and realize that, like trails, we are all connected to one another somewhere along their length. Article By Carl Birkelbach. View from RIDE:

### Environmentalists Vs. Protectionists

Unfortunately, some of the leaders of these "environmentalist" organizations are really "protectionists" and have as their goal taking the human out of natural settings. However, these are not their parks or trails, they belong to a whole community. RIDE's approach is to consider, through compromises, the needs of the entire community and to develop reasonable solutions to joint problems. We are not pacifists. If you kick us in the teeth, we will fight back and I think in the long run there are more of us than there are of them. However, might doesn't make right for either view. There is a whole hierarchy of alternative solutions to closing a trail as our efforts in Wisconsin indicate. They include trail fees for maintenance, volunteer maintenance programs, widening trails where needed, reconditioning trails, one-way trails, closing during wet weather, volunteer bike patrols, educational programs, proper signage, etc.

Constraining the mountain biking experience below acceptable levels could result in a backlash effect harmful to the environmental community of which we are a part. In the short run, The Nature Conservancy has political clout built up over years of useful service that could restrict biking below an acceptable level in Cook County. Mountain bikers are a silent majority, that if properly aroused, can and have risen to the occasion. To avoid this we have sent a letter to the Palos Restoration Stewards asking them to join with us in finding solutions to our joint concerns.

\*Carl Birkelbach, is president of RIDE Inc., On The Board of Directors of IMBA and Represents the Mid-west regionally for IMBA.



# You Said It, So Lets Do It...

With renewal application for membership in the MMBA there is a section that asked two questions. First question, *"What can the MMBA do to better meet your needs?"*

Here is what you said:

- Post "No Gomer" signs on difficult sections of trail? Just a thought.
- Design & offer for sale MMBA T-shirts, sweat-shirts with logo and name. It would be nice to wear clothing that identifies MMBA to others.
- List with reviews of all trails in our areas.
- You're great
- Do not make trails too safe. (Boring)
- Change races to Saturday / Offer a riders network.
- I think you are doing a great job already. Thank you much
- I think that the MMBA is doing an outstanding job considering how small the participation level is among the membership. We need to get out & work more to support the core of the MMBA.
- Lobby for new trail development, provide more information in newsletters on trail impact. This is a common issue thrown at mountain bikers. We need facts to persuade our detractors that they are just being emotional in most cases.  
(Sinceredit Note: just call me and I'll send you more info on this topic than you can shake a flat tire at...)
- Keep the good work going. (The Buff)
- Keep up the great job!
- Frequent communication of issues, rides, events - Monthly newsletter.  
(Sinceredit Note: right now we send out four MMBA up-dates and four issues of the Bent Rim Bugle a year. If you need more info than that just take a minute and call me (616) 785-0120 or your local chapter president and he/she can get you more info than you can shake a titanium frame at.)
- Second question: What would you like to see the MMBA accomplish in the next year?*
- Keep trails open!

- Do more to get the recreational riders involved. (Sinceredit Note: This year the Western Michigan Chapter of the MMBA had about 1/2 dozen fun rides around the state, the Southeast Chapter did its annual Bald Mountain Halloween ride, there was the Carry Nation Festival ride in the Holly Flint Chapter, the Friends of the Potawatomi Trail Benefit, and many others. Just contact your local chapter president for more information.)
- More work with schools and younger bikers (14-21) (Sinceredit Note: I, Dwain, Pres. & Exc. Dir., went to over 1/2 dozen Kent County libraries this past summer and talked about the experience of mountain biking. If you would like me to come to your community just give me a call and we will see if we can work something out...)
- Better newsletter and on time.
- Continue good job!
- Not much, it is a good institution dependent on what I do for it.
- Close parts of trails that are over used & and open new trails.
- Work on Milford-Highland area trail. (Sinceredit Note: Just call the Southeast Chapter at 810-399-8519.
- Expand the dealer/bike shop rolls & expand the discount program. Dealers have to be made aware of the MMBA and their own dependency on what the MMBA is trying to do (i.e. increasing riding opportunities leads to more people buying bikes and parts.)
- Keep up the good work.
- More races locally, not just major events.
- More rider education, especially of young & new riders
- Better coverage in the BRB, with a broader number of member's activities discussed. We see the same pictures of

Dwain and close contacts over and over again. Maybe a little human interest coverage would enhance participation in the MMBA and the BRB.

(Sinceredit Note: I am waiting. Ask anyone, I print whatever I am sent. And tell those people to stop taking pictures of me. I'd rather be riding...)

-Keep the trails open. More BRB reviews/maps of new places to ride - also camping info? (Sinceredit Note: In this publication you will find an ad on a fairly definitive book, **Trail Atlas of Michigan**, with everything you might want to know about the trails. It's at a discount to MMBA members and some of the proceeds goes to the MMBA.)

-More organized rides!

-Improve Island Lake circuit. Develop network at Kensington.

-Keep Poto open!

Thank you for your comments. Keep them coming and I will get the word out about what you want and need. We are a member driven organization. So, take the handlebars in your hands and go like crazy.



May the Sun Father and Moon  
Mother shed their softest  
beams on you and upon those  
with whom you share your  
heart and home...and trail  
Poem Adapted From the  
Coahulla Nation



# A Little Dirt From Everywhere Else...

## One In A Million: Could Be You.

The nation's largest celebration of the outdoors is now America's biggest drive for new volunteers for trail construction and maintenance. Set for June 3, 1995, the goal of the third annual National Trails Day is to enlist one million "volunteer days" for trails. WHAT? The day itself will be a celebration honoring trail volunteers and the accomplishment by trails clubs of getting a commitment for one million volunteers for trail, for one day.

When American Hiking Society asked trail clubs across the country about their greatest needs, "more volunteers" was the list topper almost every time. And from the outset, AHS

has urged participation from organizations to use National Trails Day as a tool. Using the publicity generated by National Trails Day to help maintainer clubs get new recruits make good sense for trails.

By signing up members, friends and businesses for a day of trail work sometime in 1995—one volunteer day—for each person, trail clubs will be reaching for the goal of one million volunteer days on the trail. Volunteer numbers will be tallied by "days." For example, a volunteer who commits to two days (or sessions) of trail work accounts for two days; Three days of volunteering accounts for three days, and so on.

Total volunteer days for each club will be added together to reach a grand total of one million. National Trails

Day, June 3 1995, will culminate the effort, giving cause to a nationwide celebration recognizing volunteers on trails.

Why? While millions of people use trails, only a small minority actually help to preserve and maintain them. Unfortunately most trail users don't realize this. And the backlog of maintenance on public lands grows annually. Without the assistance of volunteers, these trails would become over grown, washed out and impassable.

The NTD Event Planner's Kits, distributed free to clubs by AHS, will contain publicity materials aimed at getting new recruits. The kits will be mailed to participating organizations in January 1995. Source National Trails Day Update Vol. 3 No. 1.

## National Mountain Bike Patrol to Hit the Trails

(Dateline NORBAbiz)

The National Off-Road Bicycle Association, the National Ski Patrol, the International Mountain Bike Association and the Bureau of Land Management have come together to develop a national volunteer patrol to assist recreation and ski area users throughout the country.

This training program offered jointly by the National Off-Road Bicycle Association (NORBA) and the National Ski Patrol (NSP) will teach prospective patrollers in trail user etiquette (including environmental issues), mechanical assistance and emergency care.

The BRB has noted this opportunity before and is looking for a few good men/women to investigate its viability on the busiest trails in Michigan. For more info contact Andrea Barry at 791-578-4717, Extension 3364, Monday through Friday mountain Time 8 a.m. to 4:30 p.m. for more information.

## THIS ISN'T JUST ANY OLD STINKIN JERSEY!!!!!!

The Michigan Mountain Biking Association (MMBA) is having a silent auction this fall and early winter.

The House of Wheels in Owasso, Michigan is donating a jersey worn by non-other than John Tomac, to the MMBA to raise money for trail-related activities. The House of Wheels contacted the MMBA and asked if they would be interest in the endeavor and the answer was a resounding "Yes". The jersey is on display at the House of Wheels in Owasso, you can call them at 517-725-8373 and take a look at the jersey. The MMBA is contemplating moving the jersey around to memberships so everyone can get a look at it if they like, for info on displaying the jersey at your shop: contact the MMBA at 616-7865-0120.

If you would like to make a bid on the jersey. Write your name, address and phone number on a post card along with your bid for the jersey and send it to: Tomac/Jersey MMBA, P.O. Box 29, Belmont, Michigan, 49306.

The winner will be announced at the annual meeting on February 5, in Waterford, Michigan (see invitation elsewhere in this publication). See You There!



## Don't Be a Mudhead...

### Riding on Muddy Multi-use Trails is a "Butt-head" Thing To Do.

Here is a great winter-option ride idea.

In the winter when the trails are hit by the snows and frosts that leave your favorite path too muddy for riding, and without enough snow for cross-country skiing or snow-shoeing (trails in this condition can be impacted easily by winter use) check this out:

Published by the Rails-to-Trails Conservancy, a book has been written by Roger Storm (Michigan Rail-Trail Director), Susan Wedzel, Karen-Lee Ryan and Mike Ulm on **40 Great Rail-Trails in Michigan, Illinois and Indiana**. The book offers surprising diversity and intriguing experiences for any trail user. From the suburbs of Chicago and Detroit to the limestone bluffs of Indiana to the rugged terrain of Michigan's Upper Peninsula, this new guide highlights some of the best

rails in the Midwest!

"This 224-page paperback book is an indispensable resource for bicyclists, walkers, in-line skaters, and other outdoor enthusiasts. A handy 5 1/2 x 8 1/2 inches, this guide consists of 25 rail-trails in Michigan, 12 in Illinois, and 3 in Indiana" According to Conservancy information.

**Features include: detailed maps, lengthy trail descriptions, trail mileage and conditions, attractive photos, interesting facts on area history, trail etiquette and how to get involved in the rail-trail movement.** The book's cover price is \$14.95. For more information contact the Rails-to-Trails Conservancy, 1400 16th Street, NW, #300, Washington DC 20036 or call toll-free 1-800-888-7747, ext. 11, or Fax orders to 202-797-5411.

### And

Here's another nifty idea - Try indoor climbing. There are a lot of these nifty indoor facilities "rising up" everywhere and offer a variety of climbs from beginner to expert - out of

the winter elements. Vertical, heart-stopping strength maneuvers, cool- tech climbing shoes and gadgets...hey, if you do this lets us know the info so we can share it with other mountain bikers looking for the mountain high when the snow is flying. It beats watching reruns of Bevis and Butthead...

## The Deep Thoughts Committee

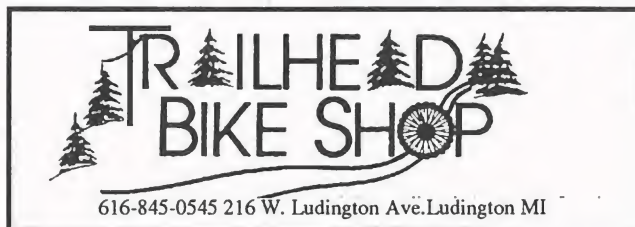
The Marketing Committee of the MMBA has been busy at work for the MMBA in-between their busy "real" jobs and personal activities (*Personal activities*?...those last few rides before the snow flies!). **Their goals for this year were to refine our MMBA mission statement (see front of BRB) and come up with a possible new logo.** Progress on the logo development will be available at our Annual Meeting in Oakland County - see info on MMBA Annual Meeting on pg. 14. New time and new place are listed. Don't miss it!

# ...Thank ..... You...

## Trail Maintenance Volunteers

Mark & Robin Wataga  
Mike Clark  
Beth & Mike Miller  
Zolly Barabas  
Brandon Robrahn  
Ron Robrahn  
Steve Howard  
Kip Horton  
Sam Jones  
Scott & Cathy Lewis  
Scott Knapper  
Wade Coon  
Kathy & Rick & Sarah Plite  
Janet Carbonneau & Marty  
Mark Van Valkenberg  
Matt Heis & Spott  
Ian Joyce  
Paul Nelson  
David Lister  
Steve Moore

Todd Bazy  
Justin Howard  
Ben Thomas  
Beth Zwiers  
Jay D. Steffen  
John Haffenden  
Kevin Dereson  
Wade Koon  
Scott Knappen  
David (trail guru) Dutmer  
Rick Puite  
Tony Cantrell  
Kathy & Dave Young  
Kate Schoeneich  
Richard Punches  
Jason Robrons  
The countless volunteers at the Friends of the Potawatomi Trail Ride held on October 30 1994. Fantastic Job!



A new 10% Club Shop Member - A complete list of 10% Club Shop Members is sent out with each new and renewed membership. If you didn't get yours just contact us and we'll get you a list. Otherwise look for a complete list at our 1995 annual meeting and in upcoming BRB's.

**Please note:** as with all human endeavors that require perfection, especially those that are volunteer, I am sure that the Chapter Presidents and I have unintentionally left off names of those who have given more than their fair share to mountain biking by keeping the trails maintained and working on development. If I (we) missed yours let me know. I will celebrate it next time. If you haven't volunteered your 1 day to the trails this year, these people could really use your help. Hope to see your name in the spring issue of the BRB.



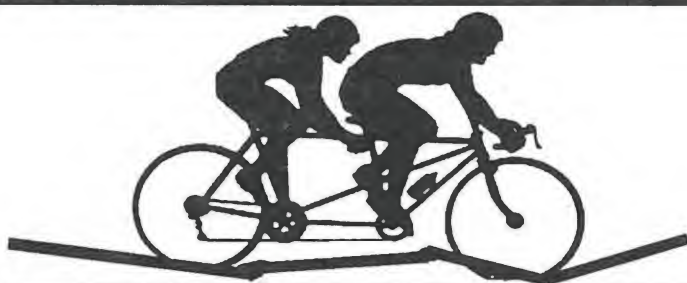
# CHAMPIONSHIP

# MMBA

MICHIGAN MOUNTAIN BIKING ASSOCIATION

1995

POINT SERIES



## Classified Adds

**Wanted:** Off-Road roommate (Non-smoker, of course!) to share house located in White Lake Township; within riding distance of Pontiac Lake Recreation Area, Highland Recreation, and Indian Springs Metropark. \$350/month+1/2 utilities. Call Mike: Day 810-942-1254/Eve. 810-887-6474.

Remember, as an MMBA member you have free access to classified adds 4 times a year in the BRB. It's great for those hard to sell items, that just seem to hang around the house collecting radio active particles bombarding down on us from distant suns in galaxies far far away (and at the very least you won't be tripping over them all the time if you sell it). So, if you got it, and don't want it - write down a lewd description of what it is and get arrested - or just tell us what bicycle part it is and how someone else can have it and we'll print it for you. It's a well know fact that one person's mountain bike junk is a dining room set for another.

You can find  
the latest  
MMBA  
Points Series  
Information  
for 1995 at  
the  
Annual  
Meeting on  
Sunday  
February 5,  
1994  
at  
Waterford  
Oaks County  
Park  
in  
Waterford,  
MI  
see page 14  
for time and  
map.



*Mi Taku Dyasin :*  
We are all related  
to  
everyone  
and everything  
around us, above  
us, below us.  
Lakota Nation



## Michigan's Most Endangered trail: cont. from pg. 5

Coates Highway and Coates to Dilling road sections (15 miles total). It was a great day to work - with good spirits prevailing. The next work day on the NCT is being scheduled for this spring. Contact me for info.

6. IF THESE SECTIONS OF THE NCT IN THE MANISTEE NATIONAL FOREST--SOME OF THE MOST ABSOLUTE PRIMO SINGLE-TRACK IN THE MIDWEST ARE TO STAY OPEN, THE FINAL DECISION RESTS WITH THE USFS PEOPLE.

Specifically, write a letter supporting mountain biking on the NCT to: Gary Cole, District Ranger, Manistee National Forest, 1658 Mansitee Highway, Mansitee MI 49660. If

possible, send a copy of the letter to: Steve Kelley, Supervisor,

Huron-Manistee National Forest, 421 S. Mitchell Street, Cadillac, MI 49601

7. USE YOUR POLITICAL VOICE! Write to Congressman Pete Hoekstra (the Manistee National Forest's NCT sections are in his district) at 1319 Longworth Building, Washington DC 20515. Mr. Hoekstra is aware of the challenges and the MMBA's attempts at reasonable solutions. He needs to hear from more of us!

8. CONSIDER JOINING THE NORTH COUNTRY TRAIL ASSOCIATION. Membership is not re-

stricted to hikers; this organization has a strong voice with the USFS and the National Parks Service. Enough mountain bikers in the NCTA could change their negative position. For membership send \$20.00 to NCTA P.O. Box 311, White Cloud, Michigan 49349.

9. WRITE THOSE TWO LETTERS, REMEMBER? One to Gary Cole of the USFS (copy to Steve Kelley) and one to Congressman Pete Hoekstra. Talk about your willingness to help maintain the trail and the democracy of multiple use.

10. RIDE AN ALTERNATIVE TO THE NORTH COUNTRY TRAIL.

Try the Crystal Mountain trails and the connecting Betsie River Pathway. Or try the Mackenzie Trail, also in the Manistee National Forest near Caberfae. The Lake Ann Pathway west of Interlochen is a great advanced ride.

11. JOIN THE MMBA NOW! This organization is dedicated to trail access for

all of us and, if you're a mountain biker, it deserves your membership.

12. BE CAREFUL OUT THERE!

Most of the northern sections of the NCT, especially those north of Dilling Road are very technical and challenging. If you're not comfortable with water-bars narrow off-camber trails, tight trees, switchbacks and long uphill grunts, find another trail until you are.

13. CALL ME AT 616-775-0154 FOR CURRENT TRAIL INFO OR COMMENTS AND SUGGESTIONS ON KEEPING THE NCT OPEN--or write to me at 9561 Peterson Drive,

Cadillac, MI 49601

14. FINALLY, DON'T BE LIKE TOM PETTY'S "REBEL WITHOUT A CLUE." Being a rebel these days requires some responsibility, some common sense. Look back over my suggestions for riding the NCT in Michigan and before you load up for a trip to this little mountain bike mecca, get a grip on the reality of the situation. If you don't become an activist--as well as a rider--this trail could well become history for all of us.

A footnote to all of this, on a positive note. The Sierra Club has been opposed to mountain bikes since 1985. At Park City, Utah, earlier this summer, the Sierra Club and IMBA signed a Mountain Bicycling Mediation Project. In effect, the Sierra Club now recognizes mountain biking as "a legitimate form of recreation and transportation on trails, including single-track, when and where it is practiced in an environmentally sound and socially responsible manner." Local rangers and politicians and business people also are suddenly beginning to see mountain bikers as a source of income, a way of attracting tourist dollars and, in Northern Michigan, as a way of extending the ski season to twelve months a year. Things are looking up, but the North Country Trail is still very much endangered.

**Please help assure its survival--ride it as if its life depended on you.**



Care For  
The North country Trail! Join the  
North Country Trail Association &  
the MMBA!





# MMBA SHOP AND MANUFACTURER

## MEMBERS

Is Your Shop Here? The shops listed here  
care about where you ride. Does your shop?

THANKS FOR YOUR SUPPORT!

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SAINT CLAIR SHORES, MI  
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(810)646-7565

BILLY'S BIKE SHOP  
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(517)349-8880

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(517)351-2000

DENNY'S CYCLING & FITNESS  
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HOLLAND, MI  
(616)396-6084

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HOLT, MI  
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HOUSE OF WHEELS  
OWOSSO, MI  
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Have You Found Your Dealer Yet?

(Continued Next Page)



(Maufacturers cont.)

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CABLE, WI  
(715)798-3811

CRYSTAL MOUNTAIN RESORT  
THOMPSONVILLE, MI  
(800)YOUR-MTN

FUN PROMOTIONS, INC.  
GRAND RAPIDS, MI  
(616)363-6552

GARLAND RESORT  
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BELMONT, MI  
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MAPLE LANE FLORIST  
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(810)585-0775

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SEARCHMONT RESORT  
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CENTRAL LAKE, MI  
(800)424-5297

TERRACE PLACE RESTAURANT  
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DEXTER, MI  
(313)426-1600

**Please Note:** In our continuing Dealer Membership Drive we have received some new dealer support and they will be noted in the next BRB.  
Thank You very much!

## Start Planning For Next Spring!

Dennis Hansen, President of the Mid-Michigan Chapter of the MMBA and Author of the *Trail Atlas of Michigan* is planning to ride the North Country Trail from Croton Dam - north as far as the trail goes in the Lower Peninsula over the course of several weekends this coming spring. He is starting to plan now and wants to hear from you! 517-349-4683

# Southeast Chapter + Mid-Mich. Chapter:

Here's something great: Bud Pell (who lead the way at Mayberry State Park putting in a trail) of the Southeast Chapter of the MMBA and Sandy Davison of the Mid-Michigan Chapter are busy planning a new trail in Ionia State Park between Lansing and Grand Rapids. According to Bud, preliminary estimations are that a trail as long as 15 miles may be developed over the course of the next few months. They need your help, from Grand Rapids, Mid-Michigan and yes even the Southeast Chapter. Call Bud Pell at 313-421-5341 for more information.

## Western Chapter:

The Western Chapter has been busy working on the Trail at Yankee Springs this past fall as the trail was visited by a record number of users this riding season. The weak spots on the trail showed up, however trails have been re-routed and design and other activities are planned for this spring to help the trail meet the needs of all those who want to use it. The Western Chapter has also been active with the Northern Chapter working on the North Country Trail. Check out the article on page 4 and 5 for more information.

## Holly/Flint Chapter

The Holly-Flint Chapter completed a successful 1st Annual bicycle tour, continues building and improving trails in the Holly Recreation (Sate Parks Area) and hosts group rides every Monday evening.

One hundred and twenty-one registered cyclists road in the 1st Annual Carry Nation Back Road Bike Tour. Many of the cyclists were introduced to Holdridge Lakes Mountain Bicycle trails for the first time. The weather was perfect and trail condition was optimum. Soil conditions in Holdridge Lakes contain enough clay mixed with sand to make a firm trail under a wide range of weather conditions. Everyone loved the trails. At least 50 cyclists also rode the long gravel road tour for a total

Chapter Chatter...  
Chapter Chatter...  
Chapter Chatter...



# 1995 MICHIGAN MOUNTAIN BIKING ANNUAL MEETING

## WHEN:

SUNDAY FEBRUARY 5, 1995

DOORS OPEN AT NOON 12:00 PM

MMBA MEMBERS BRING YOUR MOUNTAIN BIKING STUFF TO SWAP AND/  
OR SELL.

## WHERE:

**WATERFORD COUNTY PARK-WATERFORD OAKS AC-  
TIVITIES BUILDING, 2800 WATKINS LAKE ROAD,  
WATERFORD MICHIGAN SEE MAP ON NEXT PAGE**

## WHO'S GOING TO BE THERE?

### **GARY FISHER**

YES, THE GARY FISHER OF *GARY FISHER BICYCLES* TO  
SHARE WITH US A PRESENTATION ABOUT THE EARLY  
YEARS OF MOUNTAIN BIKING

A REPRESENTATIVE FROM THE NATIONAL FOREST SER-  
VICE TO TALK ABOUT NFS TRAILS IN MICHIGAN

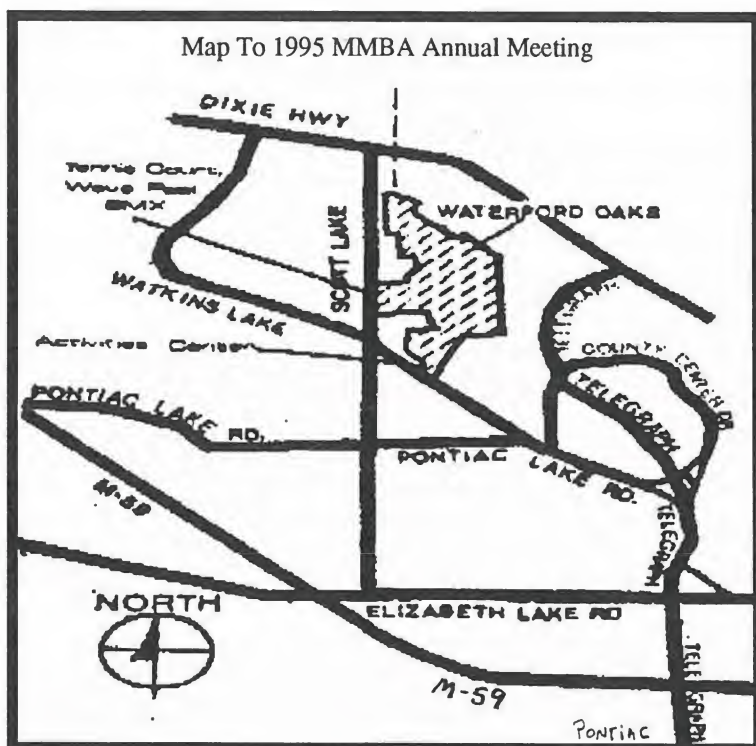
## SPECIAL EVENTS:

AWARDS CEREMONY FOR  
1994 MMBA POINTS SERIES WINNERS &  
VOLUNTEER OF YEAR AWARD

**A CHANCE TO WIN A FREE BICYCLE JUST FOR BEING THERE (YOU MUST  
BE PRESENT TO WIN). REPRESENTATIVES FROM OTHER LAND ACCESS  
AND FOREST PARK AND RECREATION GROUPS WILL BE THERE TOO. ALL  
THE MMBA (8) CHAPTERS WILL HAVE TABLES SET UP WITH MAPS AND  
INFORMATION ON RIDING IN THEIR PART OF THE STATE. YOU CAN TALK  
WITH YOUR CHAPTER PRESIDENT AND OTHERS FROM AROUND THE  
STATE. PLUS MUCH MORE - COME AND SEE FOR YOURSELF!**

LOOK FOR MORE INFORMATION IN UPCOMING NEWSLETTERS OR AT YOUR NEXT CHAPTER MEETING.  
CALL 616-785-0120 FOR MORE INFORMATION! SEE YOU THERE!





distance of 34 miles. Next years Carry Nation Back Road Bike Tour will be on Saturday, September 9, 1995, and will start at the same location, with registration at the Holly Middle School. Bicyclists will lead the 1995 Carry Nation Parade. Plans are for additional trails at Holdridge Lakes as well as other stops at points of interest along the back road bike tour.

Low-land crossings at Seven Lakes Park are the immediate projects ahead for the Holly-Flint Chapter. Patterned after floating platforms and flexible mats installed at Holdridge Lakes (D. Hansen design) these crossings will be built by the members of the Holly-Flint Chapter in low trail areas that remained muddy throughout 1994. Floating platforms and flexible mats now in use at Holdridge Lakes have eliminated negative impact to low-lands by trail users. Building materials for low-land crossings have been purchased by the DNR.

Beginning in November, we will meet only on the 3rd Monday of each month at 7:00 PM at Calvary UMC for the remaining winter months.

News Flash: Yes, the Holly/Flint chapter of the MMBA was also in the newspaper, the *Northwest Neighbor of Oakland County*. There was a picture of MMBA members Shelley Pitman, Randy Estes, Dave Hopkins, Leisa Aearney, Marlene Jones, Dave Campbell, Justin Davis and Troy Estes. With a story about all they've been doing in the area. If you would like a copy just contact the MMBA at the P.O. Box address and we'll get it to you.

## Northeast Chapter:

The members of the newly formed Northeast Chapter of the MMBA held their first workday at the Shiawassee National Wildlife Refuge. They had plenty of help from a local boy scout troop, a local church youth group and some hikers. Within six hours over three hundred (300) feet of Geo-Web and gravel were laid using ATV's with trailers. The work repaired the worst of the trail sections. The Geo-Web was donated by Fisher Construction of Bay City. There was a little rain on the work day, but it didn't dampen the spirits or work efforts of anyone involved. Our next targets will be Pine Haven Recreation Area this fall and next spring. Give us a call! 517-753-6086.

Oh, and by the way...these guys were in the paper too. The work day was celebrated in a *Venture Outdoors* section of a Booth newspaper chain in the Saginaw area.

## Southwest Chapter:

If you would like to raise some extra fund for a trail-related project why not try this approach. It worked for the Southwest Chapter:

Dear MMBA Member  
The Southwest Chapter of the Michigan Mountain Biking Association was established on May 16 of this year. In the three months that followed this event,

chapter members have installed directional signs on the technical trails at the Fort Custer Recreation Area and recently cut a tricky new section, aptly named "Granny's Garden." Activities such as these taken on by volunteers to help maintain safety on the trail and increase the enjoyment of southwest Michigan mountain bikers.

We can always use your help in these trail maintenance activities. But perhaps like most of us, you find your calendar just too full to squeeze in a few hours of trail work. However, perhaps like a few of us, you have more money than you have time. Ah, now we're getting somewhere. How about a monetary donation to your MMBA Chapter's Trail Maintenance Fund?

The MMBA gives area chapters \$5.00 for every member joining that particular chapter. This money is used for printing and postage of mailings for meeting reminders and trail work announcements. It pays mileage for board members to attend state MMBA meetings. And it is used to purchase signs, posts, fill materials and other items needed for trail maintenance.

Well, the bottom line is that we could use more money. So we've created the MMBA Southwest Chapter Trail Maintenance Fund. This fund will be used for maintenance at the fort custer Trail, as well as the Yankee Springs trail, for which we share trail maintenance duties with the Western Chapter. This fund will also be used to establish new trail areas.

Will you consider making a contribution to our Trail Maintenance Fund? As we mentioned earlier, it's an especially great way to help out if you can't donate your time. We'll take anything you're willing to give. We've even enclosed a return envelope to make it easier on you.

We certainly appreciate your support.

Sincerely,  
Southwest Chapter

Give it a try, just customize this letter to your local chapter's info and needs see if you can get your members to help out even if they can't make the trail maintenance days.

**Pontiac Lake :** See story on page 2, The Big "R" and page 22.

**Upper Peninsula:**

See story on page 23!

**Potawatomi Chapter:**

See Friends of the Potawatomi Tour on page 22!!!!



## Who Is This Woman?



This volunteer has been committed to the 1994 MMBA Point Series this year. Laurie Hescheles, has personed the MMBA booth/table/chair/corner of the tent in the rain/snow/sun/night trying to meet the needs of all those MMBA members who enjoy racing.

Over the course of this year she has tabulated and kept track of so many racers it makes one's eyes blurry! But she has not just been a fixture at the side of the trail either. She has also raced at many of the events she attended (sharing the table responsibilities with Robin Scurr - another notable volunteer - but another time...). Laurie even crashed quite hard at the *Sleeping Bear* event, but, returned to the volunteer table and racing before you knew it.

Laurie also helped organize and pull off the *Friends of the Potawatomi Trail* event. A success beyond all imagination. If you see Laurie at the annual meeting, coming up in a few months, stop and say thank you. She is a volunteer who made everything right about the MMBA that much better. Thanks Laurie!

## Who Is This Guy?

This volunteer, Jeff Buerman, vice president of the Potawatomi Chapter of the MMBA, has done more for the Potawatomi Trail this year than you could shake a titanium wiget bolt at. He helped lead numerous work crews out on the trail to put in the flexible water-bars that are keeping the impact of all the trail users to a minimum.

Jeff has worked with local newspa-

## Folic Acid\*

**What it does:** Aids in red blood cell formation, protein metabolism and cell division.

**Health Claims:** Helps protect against cancer by repairing genetic damage. May prevent heart disease.

**Overdose:** No adverse effects reported.

**Good Sources:** Asparagus, black-eyed peas, brewer's yeast, brocccoli, lima beans, pinto beans, spinach, turnip greens.

\*Always consult your doctor-source F.C.

## INSIDE MICHIGAN -MOUNTAIN BIKING - SINGLE TRACK FEVER!

-It's mountain biking in Michigan on the Tube!

-Coverage of most of the MMBA 1994 Points Series races.

-Interviews with people who are most involved with today's mountain biking related issues. - Hot mountain biking videos - Hot "Bike of the Month Reviews"

Clarkston Chan. 65 - Mon & Thurs. 9:00 P.M.

Lake Orion Chan. 65 - Mon & Fri. 5:30 P.M.

Oakland County Chan. 52 - Monday 8:30 P.M.

(Includes Auburn Hills, Berkley, Clawson, Ferndale, Huntington Woods, Pleasant Ridge, Oakland Township, Rochester, Rochester Hills, Royal Oak and Troy)

E. Lansing Chan. 11 - Monday 5:30 P.M.

Grand Rapids Chan. 23 - Sat. at 10:30 P.M. and Tues. at 12:30 P.M.

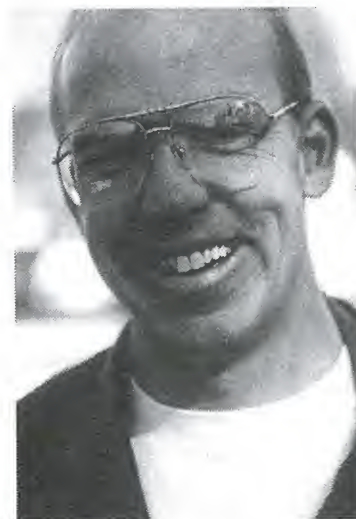
Downriver Chan. 3 - Mon. 4:30 P.M.

(Lincoln Park, Trenton, Woodhaven, Riverview and Gibraltar)

**Look for it on your local TCI cable access channel!\*\***

Producer Renee Berrara \*\*TCI cable systems serve about 350,000 homes in the Michigan area including areas in and/or around Detroit, Grand Rapids and other communities in Michigan. Check with your cable company today! Ask for: Inside Michigan Mountain Biking - Single Track Fever!

pers and media to get the message out about the responsibility we all have to those who share the trail. The results of his effort was the Friends of the Potawatomi Trail Tour that took place this past fall. The non-race event was attended by almost 400 people, with prizes totalling almost \$10,000, but more than that, several thousand dollars was raised for the Potawatomi Chapter of the MMBA. Jeff, his wife Ann and his children all spend hours of their free time working on the trail. Jeff explained, "it's a wonderful family activity that helps us all keep our focus on the responsibility we have for the trail." Jeff helped Laurie, our other "who's who", keep the MMBA Point Series going, as well as racing too. Jeff has also just taken a new position with D&D Bicycles as a manager for a new store near Pontiac. Jeff's enthusiasm for mountain biking is affecting all of us who enjoy the Potawatomi trail. Thanks Jeff.





**Biking** injuries are fairly common, and account for more than 500,000 visits to the emergency room every year in the US. About half of these occur because of automobile collisions (so stay on the trail!), the rest being attributed to poor visibility, trail obstructions, and mechanical problems. What follows is a primer of biking injuries. In general, such injuries fall

affectionately know as "road rash". These abrasions can be graded using a system similar to that of burns. First degree abrasions are superficial, second degree are partial thickness, and third degree are full thickness. First, second and small third degree abrasions respond best to hydroactive (Hydrocolloid) dressings. An alternative silver sulfadiazine cream applied generously three times daily and

and flexibility exercises for the neck, back and shoulders. Ice massage and nonsteroidal anti-inflammatory drugs (i.e., Ibuprofen) are useful adjuncts.

Ulnar neuropathy ("handlebar palsy") is a common problem in serious bikers. It is characterized by numbness, tingling, and weakness in the ring and little fingers. It tends to result from hyperextension of the wrist which creates traction on the ulnar nerve as it enters the hand. Avoidance of wrist hyperextension as well as the use of padded gloves and more forgiving handlebar grips have been shown to provide some relief. Medically, the prescription consists of relative rest of the injured nerve. Resolution might take 3 to 6 months, but surgery is virtually never necessary. Less commonly, carpal tunnel syndrome (median neuropathy) occurs in bikers. Treatment is similar to that described for ulnar neuropathy.

Saddle-related complaints range from common chafing (saddle sores) to the thankfully uncommon impotence (caused by compression of the pudendal nerve). All are treated similarly, and involve mechanical adjustments such as a good pair of padded shorts, a gel saddle pad, and saddle repositioning. Chafing can also be helped with a bit of talcum powder and some lubricating ointments.

Cyclists might develop hip problems which include trochanteric bursitis and iliopsoas tendinitis. Trochanteric bursitis results from the repetitive sliding of the fascia lata (a connective tissue band) over the greater trochanter (a bony prominence of the femur). The iliopsoas is the muscle primarily involved in flexion of the hip.

(Sticks cont. on page 20)

# STICKS & STONES

## Science and Medicine In Biking

By Jamie Landis, MS, Md

into one of two basic categories: traumatic and overuse.

### Traumatic Injuries

Surprisingly, mountain bikers tend to have fewer serious injuries than do roadies. The implication is that our slower riding speed usually saves us from doing something really nasty. However, while these injuries are infrequent, they can be devastating. The simplest approach to trauma is way ahead of time and that old "ounce of prevention". For example, there are numerous reports in the medical literature concerning head injuries in bikers. And yes, you guessed it, hardly any of these individuals were wearing helmets. The same holds true for eye injuries, which tend to result from flying objects impacting the eye. The solution? Get yourself a helmet and a pair of shades, dude!

Some things, however, just happen. Fractures, sprains, bumps and bruises result not only from chance meetings with the cold cruel ground, but from bouncing hard off your beloved bicycle. Indeed, the handle bar and seat have been implicated in a wide variety of abdominal, genital and rectal injuries. Here again, the best prescription is one of avoidance and preparation: Know your bike, get a proper fit, ride with anticipation, and always do a basic pre-ride check of your rig.

Probably the most common of the traumatic injuries would be what is

washed off gently with soap and water. Larger third degree abrasions may require skin grafting.

Lastly, and these are almost always avoidable, there are spoke injuries. For some reason, people from time to time find a way to get their hand or foot into the moving spokes. Really now, *Don't do that!* A more likely form of spoke injury for those of us with functional neurons involves a broken spoke which becomes trapped and causes the bike to come to a sudden stop. If you notice a broken spoke, it's okay to remove it provided you loosen the adjacent spokes and ride more slowly until the wheel is fixed (preferably before the next ride).

### Overuse Injuries

Overuse injuries in bikers are different from similar injuries in other athletes. Not only are medical and rehabilitative therapies utilized, but mechanical management is also usually required. Mechanical management typically involves adjusting the fit of the bike, adding special padding or equipment, and modifying riding technique.

Backache and neck pain are extremely common complaints for bikers. The mechanism of injury is generally the increased load on the arms and shoulders necessary to support the rider. Mechanical management includes a variety of strategies to shorten the effective handlebar reach. Medical treatment is based on strength

**YOU'RE NOT KEEPING  
YOUR ADDRESS A  
SECRET, ARE YOU?**



**WHEN YOU MOVE LET THE MMBA  
KNOW SO YOUR INFO KNOWS  
WHERE TO GO!**



# What Really Causes Clear Cutting?

By Jack McHugh

Editor's Note: The following is a response from an MMBA member to a series of articles on clear-cutting forests, titled: **Algonquin Group Mackinac Chapter of the Sierra Club Clear-Cutting-Worse Than It Looks!** If you would like to read the two previous articles contact the MMBA at 616-785-0120.

The anti clear-cutting series of articles illustrates an error to which I, myself, subscribed for many years. It is the error of un-critically accepting the "advocate research" of environmental groups that often have radical political agendas which have little to do with what we ordinary tree huggers want or believe.

I have been an environmentalist since 1970, when at the age of fourteen I started a pro-environment student group that persuaded my Catholic high-school to dismiss classes for half of the first Earth Day, and instead hold environmental seminars. I believe that over-population is threatening our survival as a species, and am not optimistic about our ability to avoid ecological holocaust.

For this reason it has been very difficult for me to accept that our current environmental prescriptions, including policies which I supported for many years, are unjust, irrational, and ultimately ineffective. It's always hard to find that what you thought you believed in isn't what you thought it was.

Current environmental laws and policies are unjust because they trample upon the rights of individual citizens, and their administration is subject to massive corruption. A local case in point here in the U.P. is that of Richard Delene, who is being forced to give up his private land to the pressures of "environmentalism". If Richard Delene's U.P. wetland is so valuable to the DNR, then let them buy it, instead of using police power to blackmail him into deeding it over to them. Meanwhile, politically well-connected developers get help from the DNR

when they want wetland exemptions to build golf courses.

Our policies are irrational because they are based on mysticism, not reason, and because they refuse to deal with humans as we are, not as some utopian do-gooder thinks we should be.

Mysticism is seen very clearly in the call for "zero discharge" into Lake Superior. "Zero discharge" means zero people, because if you install a driveway from which there is runoff, or if your six year old goes wee-wee into the lake, you have blown "zero discharge" right out of the water.

**"...Actually, publicly owned land is more likely to suffer such abuse than private property..."**

Also, if tomorrow we all started living in yurts, riding bikes to work, and eating gruel, the planet would not be saved, because there are still too doggone many of us. On the other hand, if the world population was a reasonable half billion or so, living in mansions, driving '65 Cads, and eating Big Macs everyday, it would be a sustainable life-style.

It's no coincidence that those reduced to yurts and gruel are the ones causing the population explosion. Wealthy peoples have less kids. They may use more resources per capita, but that's OK if there aren't too many of us. Besides, who wants to live like a poor Somalian?

Finally, the bureaucratic approach is demonstrably ineffective. The ultimate in regulated economies, the former Soviet Empire, is also the

ultimate environmental sewer. This is not an accident, or the result of the wrong people running things. Corruption is the

inevitable effect and cause of regulatory power, not it's preventable by-product.

Therefore, it disturbs me to see the mountain bike community thoughtlessly accepting forest practice mandates which may violate individual property rights, and in all likelihood will cause unanticipated adverse consequences greater than the perceived benefits. (The invisible foot of government.)

**Nobody favors soil mining** (as stated in the clear-cutting articles in the last two issues of the BRB) - **but clear cutting is not soil mining if it is done in a sound manner. Clear cutting is necessary for the propagation of certain species like aspen,** which is important to both wildlife and toilet paper users. No, I wouldn't like the entire U.P. to become one large "poppo" plantation, any more than I want there to be no aspen, and as a result, no toilet paper.

Actually, publicly owned land is more likely to suffer such abuse than private property. If I mine my soil, my cash account may rise, but my property value account will decline by an even greater amount, causing a real decline in my net worth.

The government bureaucrat operates under a very different set of incentives. His goal is to ruffle as few feathers as possible, serve thirty years and collect a fat pension. National Forests are getting thrashed? Hey, it's not the bureaucrats's land!

We have been conditioned to salivate like Pavlov's dog over the promise of more government and more environmental regulations. Yet, there are better solutions which do respect individual's rights, are rational, and are effective. I ask my fellow tree huggers to keep your minds open to the idea that we have been lied to by those who proclaim most loudly that they are looking after our interests, or those of our progeny.

Editors note: What do you think? You're riding out there.



## Dirty Notes (and E-Mail...)

Please accept the enclosed family membership in appreciation of your efforts developing the Holdridge Lakes Mountain Bike Area. Our family rode this area on Sunday and were fortunate enough to meet Randy Estes. Randy not only gave us some background info on the area, but also rescued my husband from a flat bike tire!

Keep up your wonderful efforts and know you have made a positive difference.

Thank you  
Ardele Shaltz

Hello Dwain5663 (AOL)

It was great to meet you and work with you yesterday. I celebrated our trail repair by riding today. Lots of bottom-of-the-hill sand was cleared out by the group that started at the other trail-head, but even with the small amount of rain we had last night, it was already evident that the 2" troughs are not going to survive. Already the highest points of the troughs are rounded off and the mid-portions (as you predicted) are becoming flattened by riders.

The part we finished have survived intact and the logs are nearly flush and easier to ride over than the troughs. I think that you (MMBA) may be on to something, although it kinda went against my grain to put sand back over those leaves.

Anyway, I'll be in touch with Doug Nelson about trying to round up some funds for our local treasury. Hopefully, we can perform some more permanent fixes in the near future...

Thanks Again  
OrthoBiz (AOL)

**"Next year his racers will be required to pull trail maintenance, since they use the trails he feels they should give back to them. Also he is considering doing something special for those who do trail maintenance,"**

(See "Dear Editor" Below...)



Yea, you say you're cool...But can you stay off muddy trails, especially if you don't plan on doing trail maintenance in the spring? Don't be some sort of fat boy, all right? Give the trails a break this winter and ski or snowboard or just pick your nose, but cool trails just don't happen. They are there because someone cares and that's cool. Are you?

Dear Editor,

I know there are many bike stores which have contributed to the sport of mountain biking and to the MMBA in many ways. I just wanted to add another to the list - some new guys. And they're hungry.

I'm referring to Corky Williams, owner of Progressive Bicycles, on Plainfield in Grand Rapids. He and his race team, the Black Dogs, have been extremely active in helping the WMMBA. They have had people at most of the trail maintenance days and have consistently pulled the Aman Park Patrol duties.

Next year his racers will be required to pull trail maintenance, since they use the trails he feels they should give back to them. Also he is considering doing something special for those who do trail maintenance, perhaps a bike raffle or an extra percentage off things bought in his store above the 10% member discount. A great way to promote attendance. His racers have always been polite to me on the trail as they pass. They realize the trails are for all levels, not just for racing.

Corky has come a long way from just having used bikes and a cigar box cash register. He now carries 3 lines of new bikes, has a real cash register, has taught and will teach this winter, bike repair, and has sponsored a Pando race.

Many people have given their time and money to the WMMBA. The maintenance turnouts have been great. I just wanted you (and everyone else) to know just how giving some of those people who ride and sell bikes are.

BethAnne Western Michigan Chapter of the MMBA



## There Goes Another Trail Sign Vandalized...

Some Interesting facts:

25 million serious crimes are committed each year in the United States.

Only 15 million are reported to the police.

Police solve 3.15 million of those cases, arresting 3.2 million people.

The courts convict 1.9 million people.

500,000 go to prison...

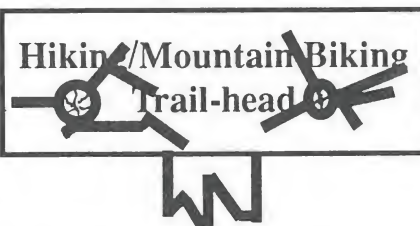
So much for the likelihood of finding justice when it comes to those who vandalize the trail signs our MMBA members put in year after year. However, here's a thought, one of our MMBA members suggested that the 4x4's that are commonly used to make trails be cut in half and buried so that only about two (2) feet stick up from the ground. The sign is still visible by hikers and bikers, but is less of an inviting target for vandals, especially those vandals who carry guns. As for multi-use cross-country ski trails perhaps an extension could be bolted on to the short "summer" sign once the snow flies. If any one tries it, let us know how it works!

(Sticks & Stone Cont. from pg. 17)

Both these conditions tend to result from peddling while the seat is too high. Treatment includes the obvious, lowering the seat, in addition to stretching of the affected area, ice massage, and nonsteroidal anti-inflammatory drugs.

"Biker's knee", technically know as patelofemoral pain syndrome, is a condition of knee pain related to a combination imperfect knee architecture and improper bike set-up. Because of a saddle which is too low or too far forward, a person who is predisposed may experience friction, inflammation, pain, and eventual knee cap damage. Changing the riding position, and employing the afore mentioned stretches, ice massage, and nonsteroidal is usually sufficient therapy. In my personal experience, I've found a knee brace with an inferior buttress ( a little built-up ring at the bottom of the kneecap hole) to be very helpful for this condition.

Next time, I'll come across with some basic first aid and rehabilitation information. For those interested, in subsequent columns I plan to cover the following issues as they apply to biking; muscular pain & stretching exercises, basic nutrition and ergogenics, exercise physiology, biomechanics, and weight training among others. Until next time, get plenty of exercise and don't over tighten your spokes!



## How many times have you heard this?

"I'm not an MMBA member because I don't want to get any information about the trails. And who needs your crummy little radical, leftwing newsletters and up-dates on the state of the trails in Michigan and the surrounding states. You're all commies and pinkos, with your mud-slinging stories about rides all over the friggen state when I can do 1,000 laps around the trail in my back yard and hardly ever have the neighbors shoot at me because I terrorize their dogs and children. Why don't you just leave well enough alone? Quite frankly, I'm sick and tired of worrying about trails being closed,

forests being paved over or the pros or cons of clear-cutting forests. Why the hell don't you just stop stirring up trouble and ride where ever the hell you want, like I do. Hah...see if those managers can catch me. Hey, you know this is America, love it or leave it...I can do what ever I want it's in the bill of rights! Nothing is ever good enough for you guys either, all this and that about caring for the trails, just put in new ones every week that's what I say...you bunch of radical, lunatic, subversive radicals...besides you don't have any TV listings in your publications or women standing next to cans with clear colored beer in them...come on give me a break...you bunch of trail whining..."

MMBA members, they do a lot more than they say. Just listen sometime while they are working on your favorite trail. If you're not an MMBA member what are

you saying right now? What are you doing right now?



Just some MMBA members heading out on the trail to put some time in so that when they want to ride, they will ride the best trails anywhere.



Dennis R Hansen, author of the *Michigan Cross Country Skiing Atlas* and *Michigan Trail Atlas*, and Chairman of the MMBA Board and President of the Mid-Michigan Chapter of the MMBA is very pleased to announce his new trail atlas:

## Trail Atlas of Michigan

**Hiking, Cross Country Skiing, Mountain Biking, Nature**

The **Trail Atlas of Michigan** is the most comprehensive Atlas of non-motorized trails in Michigan. With over 530 trails included in this 600 page atlas, every corner of Michigan is covered. (There are even a few trails in border areas of Ontario and Wisconsin).

This new Atlas has been improved in several ways. In addition to the trail map which continues as the main feature of the Atlas, each trail entry includes a multitude of information including names, addresses and phone numbers of contacts, directions to the trail-head, new - county location, new - Michigan Atlas and Gazetteer location, trail length, shortest loop,, longest loop, new - trail surface type, trail fee, ski grooming method, suggested ski and mountain biking ability, hiking difficulty, New - Terrain in percentages, camping availability, New - handicapper accommodation and additional unique trail information. Also included is a new listing of related Michigan trails publications. To make trail identification even simpler, the Atlas includes separate indexes for each trail type (hiking/walking, cross country skiing, mountain biking and nature), paved trails and handicapper trails.

To make your trip planning easier, a new list of over 500 phone number, many toll free, for chamber of commences, visitor bureaus, and related organizations. Retail Price: \$26.95 plus \$1.62 Michigan Sales Tax for a total of \$28.57

### THE GOOD NEWS:

**MMBA MEMBERS** get a **10% discount** with no shipping /handling charge, making the book **\$25.39 (tax included)** and **\$2.00 per copy** of the MMBA member price is donated back to the MMBA for trail related activities!

This is the definitive book on trails. If you have this book you've got your winter and summer time trail fun covered. The Trail Atlas of Michigan is endorsed by: Roger Storm, Executive Director, Michigan Rails to Trails Conservancy, Pat Allen, Executive Director, North Country Trail Association and co-author of *Packing In Michigan*, Jim Neff, editor of the *Great Lakes Skier* and ski columnist for the Detroit News and Dwain Abramowski, President and Executive Director, Michigan Mountain Biking Association, author of *Mountain Biking* and contributing editor of the *Michigan Cyclist Magazine* and *Cycling Athlete Magazine*.

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Looking for a new trail to ride? The  
*Trail Atlas of Michigan*

has 530 trails for hiking, mountain biking, cross-country skiing,  
 and nature trails. And with a special price being offered to  
 - MMBA members only -  
 That should get you started!



# Friends of the Potawatomi Festival



(Chapter Chatter Cont. from pg. 15 Poto Chapter)

Jeff Buerman;

This letter is to let you know just how much myself and the park staff appreciate the efforts of the Potawatomi Chapter of the Michigan Mountain Biking Association.

Your help trimming along the trail and in building the boardwalk have saved the park staff much time and made the trail more enjoyable for all trail users.

Your help in educating trail users has been most helpful in maintaining the safety of the many types of users, and made for a healthy relationship between the many user groups.

I hope for a continued relationship between your organization and Pinckney Recreation Area.

DeWayne Schalau

Assistant Park Manager

**MORE FRONT PAGE NEWS:** Jeff Buerman and family also made the front page of the *Brighton Argus* Newspaper! Riding their bikes on the Potawatomi trail. They also appeared in an advertisement in the *Ann Arbor News* celebrating the 75th anniversary of the Michigan State Parks. If you would like a copy(s) of the picture(s) and the article(s) just send a S.A.S.E. to MMBA P.O. Box 29, Belmont, MI 49306.

Just a reminder for next spring Poto users - Please obey all recreation area rules and follow the MMBA Responsibility Code. Bicycles are now prohibited in the beach and concession stand areas. This new policy was implemented by the Pinckney Recreation Area management because so many bikers refused to obey the "Please Walk Your Bike" signs. Failure to obey the rules could lead to further bicycling restrictions in the recreation area. The DNR officers can write tickets for this offense!

(Chapter Chatter: Pontiac Lake Continued)

**The Pontiac Lake Chapter** has been pretty quiet lately, but that is about to change. A committee has been formed to investigate some alternatives to over used areas on the trail. There are some areas that exist that have seen their fair share of poor riding technique causing trail impact. The few, the proud, the mar...(excuses me) that are in this committee have decided to jump on the Geoweb train and lay down some

serious tracks that won't wash away with the next rain. The proper people with all the right connections have been contacted and workcrews will soon be forming to tackle the situation.

While there are more than one or two problem areas, we can not address all of them this season. So the ultimate "quick fix" will be to shut down portions of the trail that cannot be attended to and re-route the riders with a bypass. Bypasses already

## The Friends of the Potawatomi Trail - Number About Four Hundred

On a picture perfect day - and I mean a sunny, mid-sixties, blue sky, light wind, fresh fall air, fluorescent

pigmented leaf day, around four hundred mountain bikers, hikers, runners, walkers and even a few scuba divers headed to the lake, showed up at the Pinckney Recreation area on October 30, 1994 and joined in on the first annual **Friends of the Potawatomi Trail Tour**. Yes, a tour. About four hundred people showed up to celebrate a nationally known trail and not race.

Why?

It was a trail benefit put on by the Potawatomi (Poto) Chapter of the Michigan Mountain Biking Association with help from various bike shops and sponsors. Of the \$25.00 entry fee, \$10.00 went directly into development and maintenance of the trail. It also included a Brunch Buffet, Poker Run, Huffy Toss and raffle for several donated brand-spanking new mountain bikes.

The Poto Chapter of the MMBA in cooperation with the DNR and Pinckney Recreation Area worked together to put on the event that raised money for all trail users of the Poto. The Potawatomi Trail is one of the top trails in the United States for Hiking, Walking, Running, Cross Country Skiing and Mountain Biking.

According to park manager, Jon Labossiere, "I'm happy to see everyone out here enjoying themselves for a change. This past year the Poto-Chapter worked very hard to meet the needs of keeping the trail user-friendly. They have taken their responsibility of caring for the trail seriously. To see everyone out here enjoying the trail is what we want, it's what all the hard work is about."

Jeff Buerman, Vice President of the Poto Chapter said, "This event turned

out to be one of most excellent tours in the state, because of all the volunteer help we have gotten. After expenses we hope to have raised several thousands of dollars for the trail. The people who love the Poto really turned out in force. Everyone is already looking forward to next year."

As a side note: The always ambitiously small, always original, always cool "PotoFest" went on as planned in its characteristically un-planned way. The "PotoFest World Headquarters" was set up in the middle of the Friends of the Potawatomi Trail Fan-fare and PotoFest devotees had their fun in PotoFest style. Of the "artsy"-one of a kind T-Shirts they had for sale, a partial amount was also scheduled to be donated to the trail.

exist around two critical areas, it's just that the majority of riders do not use them. So we suggest you start riding with your eyes wide open and look for some new snow-fence blocking off these areas and by all means please abide by the new "rules" they are there for a reason.

Keep an eye on your mailbox. No, Ed McMahon will not be in it, your Pontiac Lake Chapter newsletters will be giving you all the vital information you'll need to survive.



## Grand Island: They Came, The Sun Shined & If you were not there you missed the fun...

This year's Grand Island Annual (October 1st) ride was celebrated by about 50 mountain bikers that filled the ferry boat Miss Superior to capacity. The weather on the north side of the island was sunny, windy and a bit cool, on the west and south sides of the island, the weather was just plain beautiful. The whole darn 25 mile loop around the Island was just plain sweet. The group was made up of people from all over Michigan and parts of Wisconsin and Canada, with the largest contingent from Grand Rapids, Michigan (14). There was one big problem though, just about every rider was stopping every 100 yards or so to admire the views of the Pictured Rock cliffs on the island, the wilderness beaches or the awesome views of Lake Superior and her Islands. Last year the weather was sunny on the south of the island and driving snows on the north end...no wait a minute it's always like that on Grand Island. Yea, that's it. It was...was really, really cold at this year's ride and everything was frozen solid. You don't want to go there next year for the third annual Grand Island Tour...stay home and watch the football games next year...yea, it never gets above 32 degrees on Grand Island...trust me.

### **This Guy Didn't Know That It Never Gets Above 32 Degree in the U.P.....**

I just wanted to thank the *Bent Rim Bugle* and Steve Lento for the inspirational article on Bruno Run's in Volume 7 (#4, 93-94) issue. I recently had some spare time in between jobs in late August and my wife knew that I had wanted to ride Grand Island since seeing it from the ferry during the Pictured Rock tour 2 years ago. She actually came up with the great idea of going up to my sister-in-law's in Roscommon with my 2 year old daughter while I continued up to the U.P. to go riding, so how could I refuse? I remembered seeing an article about a great spot outside of Munising



and dug it up. I decided to check it out and am I glad I did.

Steve Lento was absolutely right in his assessment of the Upper Michigan jewel. Bruno' Run is the most awesome and beautiful trail I've ever ridden in Michigan. The morning weather was perfect (a sunny 72 degrees and very few insects\*) as I road along the pristine tree-lined trail, covered with reddish-brown pine needles and oak leaves. The diverse trail has plenty to offer a mountain biker or hiker in terms of the picturesque lakes, small bridges, scenic overlooks, huge oak and pine trees, and the quiet serene setting. Like Steve, I only encountered two hikers the whole time I was there and my Cateye computer measured the main part of the trail at about 9 miles. I just wish it were closer to the Metro area because I would love to ride it every week.

I was really enjoying myself but, unfortunately, I was running out of

time and had to leave to catch the ferry to Grand Island which I just made by about 5 minutes (whew!). The Grand Island scenery was really nice as well, although I got caught in a thundering downpour about half-way around and the dirt two-track turned into a river of mud, but I was determined to make it around the island anyway (did I have a choice?) My Cateye died with about a mile to go after ingesting too much mud and rain, and I managed to catch an early boat ride back to town with some kindly, but soaked and muddy bikers. It was fun and definitely worth the trip.

So how was your weekend?

**Gary D. Anderson**

\*...poor guy must have been hallucinating, like I've said it never gets above 32 degrees in the U.P. And rain, always rain, rain and if not rain - snow, snow, snow... He better seek medical attention quick...



# BRB GENERAL MEMBERSHIP FORM

## MICHIGAN MOUNTAIN BIKING ASSOCIATION

### MEMBERSHIP INFORMATION

Bike Shop/Dealer/Promoter	Individual Member	20.00
Basic	Family (for 1994)	30.00
Patron	Patron	50.00
Benefactor	Benefactor	100.00
	(or more)	(or more)
Supplier & Manufacture Membership Info., please contact: (616) 784-9327 or (313) 682-5456		

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### POINTS SERIES ENTRY

Racing in the MMBA Championship Points Series? Add \$5.00 per rider in the Points Series to the regular membership fee and complete the following:

Riders Name(s)                      \*Birth Date(s)                      \*\*Racing Class(s)

\*THIS MUST BE FILL OUT TO RACE IN THE MMBA POINTS SERIES

\*\*From the following: Beginner, Sport, Expert, Elite

#### Membership Includes:

- Subscription to the Bent Rim Bugle (the MMBA mountain biking publication which comes out 4 times a year, with info, race flyers, pictures, chapter info - etc.)
- Updates on D.N.R. and other trail issues
- Membership card, car and bike stickers
- You can participate in the MMBA Championship Point Series (\$5.00 Tabulation Fee-SEE ABOVE)
- Ride Information...and more!
- What is the MMBA? It is you!

\* MICHIGAN MOUNTAIN BIKING ASSOCIATION (MMBA) IS A NON-PROFIT ORGANIZATION AND IS TAX EXEMPT UNDER SECTION 501 (C)(3) OF THE INTERNAL REVENUE CODE. CONTRIBUTIONS MAY BE TAX EXEMPT TO THE EXTENT PERMITTED BY IRS, CHECK WITH YOUR TAX ADVISOR.

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